

Session #6

U6

Total time: ~45 minutes

Movement Work (Serves as a Warm Up) (15 - 20 minutes.)

With U6s, it's important to remember that they get bored very easily. You have to have a lot of energy as a coach if you want to keep them engaged. It also helps to move reasonably quickly from one challenge to the next. You can always come back to something again. If you have some extra coaches, it could be a good idea to set up a number of stations with a different drill at each one. Give the kids 5-10 minutes on each before moving to the next station.

Try to have interaction and humour also. Kids that age love being asked questions (Who knows how to.....?).

Lay out lines of 5 evenly spaced cones, with a 6th cone a bit further out. Have enough lines so that there are only 3 or 4 children per line.

- Start with a couple of sprints around the 6th cone and back to the end of the line
 - After a couple of these, introduce a side to side movement between each of the first 5 cones and then back to the end of the line (The emphasis is on footwork and pushing off of the hip. It's not a race. Get them using quick footwork)
 - Next, get them to bunny hop over each of the cones then run to the back of the line
 - 3 Hops forward, 1 back, 3 hops forward then run to the back of the line (It's amazing how many will find the back hop difficult!)
 - All players in a line. On the whistle run forward, then (on the whistle) sideways to the left, then (on the whistle) sideways to the right, then (on the whistle) backwards
 - o This practices reaction times (to the whistle), as well as lateral and backward movement
 - Walk the dog
 - o Each player holds the hurley in their hurley hand. Place the heel of the hurley on the ground. As if walking a dog, guide the hurley around each of the cones and back to the start. It's important the feet go around the cones too.
- This exercise builds up strength and flexibility in the wrists

Dribbling (2 or 3 games of this...up to 10 minutes in total)

Make 2-3 lines of cones (depending on the number of players available) at a right angle to the goal. Have 3-4 cones in each line.

Starting at the first cone, the players dribble around the cones and then shoot at goal once they get past the last one.

Make sure players use both sides of the hurley when going around the cones. We want to see them bending knees and using their full body. Also, watch for the full swing and a good follow through. This is a good exercise to get kids moving and laughing, as well as getting in some ball work.

Solo (10 minutes)

Use bean bags to teach how to solo with the ball. Set out a cone ~3m from the starting line. Each child solos out to and around the cone. Once they come close to the next in line, they can hand or flick the bean bag to the next person.

Once they get the hang of it, have a race.

Tyre Scoop (5 minutes)

Using the tyres, get the players to scoop the sliotar into them.

This is a great way to get them used to lifting the sliotar without the pressure of having to learn the full skill.

What Time Is It Mr. Wolf? (5-10 minutes)

Have a game of What Time Is It Mr. Wolf?

An alternative to Mr. Wolf, is Chasing Tails. Split the players into 2 teams. Each child has a bib hanging out of their shorts (each team has a different colour). The children have to stay within a designated area while trying to pull the bibs out of the other teams' shorts. The team with players surviving to the end wins.

Homework

For next week, homework is 15 minutes of dribbling the sliotar around the yard at home. Tell them that next week, we'll be seeing who has the most improved dribble.

